

March 2020

West Harrison Community School

This institution is an equal opportunity provider

LUNCH



School Information: Menu may change without notice. Milk is offered everyday with lunch. 6th-12th may have the option of salad bar. Yogurt is offered in place of the main dish for 7th-12th. PK-12th is offered an uncrustable, fruit or vegetable, milk



Nutrition Tip: March is National Nutrition Month! To celebrate try getting more creative in the kitchen and trying a new recipe or cuisine you haven't had before.

References: Academy of Nutrition & Dietetics

Monday

Pizza Dippers
Marinara Sauce
Golden Corn
Simply Salad
Fruit Fixings **2**

Tuesday

Meatloaf
Potato Bakers
Green Bean Casserole
WG Dinner Roll
Fruit Fixings **3**

Wednesday

Nacho's w/ Fixings
Cup of Chili
Celery and Carrot Sticks
w/Dip
Fresh Fruit Fixings **4**

Thursday

Santa Fe Wrap
Refried Beans
Fresh Veggie Sticks
Fresh Fruit Fixings
Cereal Bar **5**

Friday

Spaghetti w/Meat Sauce
WG Bread
Caesar Salad
Baked Carrots
Fresh Fruit Fixings **6**

Chicken Ala King
Over WG Biscuit
LS Mash Potatoes
Veggie Mix
Fruit Fixings **9**

PK-2 Ravioli
3-12 Crisпитos
Cottage Cheese
Mexican Salad
Winter Blend Vegetables
Frozen Fruit Cup **10**

Loose Meat on a
WG Bun
Oven Baked Beans
Augrautin Mexicali Potatoes
Fresh Fruit Fixings **11**

Grill Cheese
Sandwich
Tomato/Bean Soup
Fresh Veggie Sticks
WG Crackers
Juice Cup/Frozen Fruit **12**

Meatball Sub
Sandwich
WG Pasta w/Sauce
Very Veggie Salad
Fresh Fruit **13**

Pizza Hoagie
Very Veggie Salad
Steamed Broccoli
Fruit Cup
Teddy Grahams **16**

Chicken Nuggets
Mash Potatoes
Tomato Basil Salad
Fresh Carrots
Fruit Fixings **17**

Macaroni and Cheese
Ham Dices
WG Bread and Butter
Green Beans
Fresh Veggies
Fresh Fruit **18**

Sub Sandwich
w/Fixings
Fresh Veggie Sticks
WG Chips
Fresh Fruit
WG Cookie **19**

No School **20**
Teachers Comp Day

Pork Patty
Mash Potatoes and
Gravy
Fruited Jell-O
California Style Veggies
WG Roll
Fruit Cup **23**

Mandarin Chicken
WG Rice
Spinach Salad
Stir Fry Veggies
WG Muffin
Fresh Fruit **24**

Wiener Wink
Calico Bake Beans
Coleslaw
Fruit Fixings
Scooby Doo Crackers **25**

Cheese Omelet
9-12 Sausage Link
WG Muffin
Fresh Veggie Sticks/Tater
Gems
Fresh Fruit Fixings **26**

Whatever's in the
kitchen that the cooks
Feel like fixing **27**

School Made WG
Pizza
Dark Green Salad
Fresh Veggie Sticks
Fruit Fixings **30**

Taco Salad w/Fixings
Refried Beans
Taco Party Mix
Golden Corn
Fresh Fruit **31**

